



The Baker Bulletin

A
Baker County
Extension
Service Monthly
Newsletter

INSIDE THIS ISSUE:

Horticulture	2
Family & Consumer Sciences	3
Calendar	4
Upcoming Events	5
4-H	6
Agriculture	7
Notices	8

Dear Extension Friends,

Thank you for being part of the Extension family. I hope that everyone is having a great Summer. Since August is typically our hottest month, please make sure to keep hydrated if you are working outside. Heat stress and heat stroke are always possible when temperatures and humidity are high. We have had some great 4-H Youth Day Camps so far this Summer. Thanks go out to Ms. Shaina and her volunteers for turning out such great programming. As always, if you need assistance, give us a call or stop by our office.

Sincerely,

Michael A. Davis
County Extension Director / Ag Agent
Baker County Extension Service



Contact Information—Baker County Extension Service

1025 W. Macclenny Ave., Macclenny, FL 32063

Phone: (904) 259-3520, FAX: (904) 259-9034

Email: baker@ifas.ufl.edu Hours: M—F 8:30am to 5:00pm (Closed Noon to 1:00pm for Lunch)

Michael Davis, Ph.D.

Agriculture Agent



Alicia Lamborn

Horticulture Agent



Melanie Thomas

Family & Consumer
Sciences Agent



Shaina Bennett

4-H Agent



Highlights in Horticulture

By:

2

*Alicia Lamborn,
Horticulture Agent*

Fall Vegetable Gardening



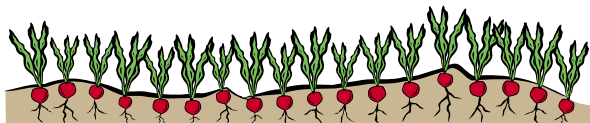
Do you plan to have a fall vegetable garden? In our area, that means planting in August and September, so now is the time to prepare.

Soil testing is available through the Extension Office which checks the soil pH and nutrient levels, and gives personalized recommendations for liming and fertilizing your garden. In addition to soil testing, adding 25-100 pounds of organic compost per 100 square feet is also beneficial for vegetables since it provides some nutrients and helps retain soil moisture in sandy soils.

Next, plan the layout of your garden using the *Florida Vegetable Gardening Guide* at edis.ifas.ufl.edu/vh021 paying special attention to plant family (crops should be rotated so that plants within the same family aren't planted in the same spot year to year), row and plant spacing, seed depth, and days to harvest.

The guide also lists suggested varieties for each type of vegetable. Varieties that are good for our area are not always available in garden centers, but you can find seeds online or in catalogs. Planting seeds can save you money and offer a wider selection of vegetables. And while more expensive, purchasing transplants is a great way to get ahead by 4-6 weeks (or catch up if you get a late start planting your garden).

Vegetables to plant in August include beans (bush and pole), corn, cucumbers, southern peas, peppers, pumpkins, squash, and tomatoes. As the weather cools in September and October, you can continue to plant in your garden with cool-season vegetables such as beets, broccoli, cabbage, carrots, collards, lettuce, onions, radish, and turnips.



The Florida Vegetable Gardening Guide is also available free from the Extension Office, along with many other great publications—stop by today and pick one up!

Winter Squash

Squash are classified into two groups depending on when they were traditionally eaten. Winter squash have hard rinds and when picked fully mature, can be stored for several weeks up to six months, while summer squash must be eaten right away.

Winter squash are typically vining plants that require considerable growing space. Rows should be spaced 5-7 feet apart, while plants need 3-4 foot spacing. For small gardens, use a trellis, or look for bush or semi-vining types. And even though the name says winter, they should be planted in spring or fall (March or August) since plants are tender and can be damaged by cold weather.

Popular types of winter squash include Acorn, Butternut, and Spaghetti, although there are others.

Acorn: This versatile squash can make a great side dish, casserole, or even a healthy dessert! 'Honey Bear' has excellent flavor and is more compact requiring a 2 x 6 foot space.



Butternut: Tan skin with bright orange flesh, having the sweetest taste of all the winter squash types. 'Waltham' is the standard variety, but compact (reduced vine) types are also available. This squash makes a great main dish, side dish or dessert!



Spaghetti: The interesting thing about spaghetti squash is its resemblance to a bowl of spaghetti when properly prepared. If the yellowish orange fruit is cooked whole for about 20 minutes and then cut open, the flesh is in loose shreds, resembling spaghetti. The taste is squash-like and a little bland, but tastes great when seasoned, stuffed, or used in casseroles!



If you're not sure how to prepare them, I found baking information on SolutionsForYourLife.com, but there are plenty of easy recipes out there.



Food Preservation: Drying Foods Safely

Drying is one of the oldest methods of food preservation. It is simple, safe and easy. Drying removes the moisture from food so bacteria, yeasts and molds cannot grow. It slows down the action of enzymes but does not inactivate them. The food becomes smaller and lighter since it has less moisture and is more compact. Typically these foods have more calories per serving because the process only removes water.

The optimum temperature for drying is 140 F. If higher temperatures are used, the food will cook on the outside and moisture will be trapped on the inside. This will eventually cause mold.

Most foods can be dried indoors using modern food dehydrators, counter-top convection ovens, or conventional ovens. Microwave ovens should only be used for herbs. Food dehydrators can be purchased from a variety of vendors with various costs depending upon their features. They contain trays for the food and have fans which create and distribute air flow. Conventional oven drying is slower than using a food dehydrator because these ovens do not have built-in fans for air movement.

Fruits can be sun dried in environments with low humidity. Conditions in the south (such as Florida) are **not** favorable. Vegetables and meats are low in sugar and acid which increases the risk for food spoilage.

Fruits should be pretreated to prevent darkening. For long-term storage, sulfuring is the recommended method. Some people cannot tolerate sulfites and must use other chemicals. If home-dried foods are eaten within a short period time, other pretreatments can be used such as ascorbic acid and fruit juice dips. Some fruits that dry well are apples, apricots, cherries, citrus peel, coconuts, dates, figs, nectarines, peaches, pears, and pineapples.

Fruit Leathers are homemade fruit rolls. They are made by pouring pureed fruit on a flat tray and then drying in a dehydrator. The advantages of making homemade fruit leathers are cost savings, the use of less sugar, and creation of various flavor combinations.

Vegetables should be blanched before drying to inactivate enzyme action which causes further ripening. Blanching also prevents the loss of color and flavor. This is a process of heating vegetables in boiling water or steam for a recommended period of time and then cooling them quickly. Some vegetables that dry well at home are carrots, corn, mushrooms, parsnips, potatoes, and onions.

Jerky is a lightweight, dried meat product that can be carried on hikes, camping and to other outdoor activities. Jerky can be made from almost any lean meat. Raw poultry is generally not recommended. Some meats must be treated to prevent diseases and all should be handled very carefully during the process. When preparing jerky from wild game, remember that wound location can affect the safety of the meat. USDA recommendations **must** be followed to assure a safe product.

All dried foods have a storage life which can range from four months to one year. Temperatures affect storage life and jerky can be refrigerated or frozen to extend shelf life. Rehydrating dried foods requires various soaking times for the best product.

Drying foods can be fun, economical and healthy for the family. Proper procedures are absolutely necessary to provide good quality and safe products. In order to ensure proper methods of home drying, be sure to follow USDA guidelines and procedures. Contact your local County Extension Office or USDA at www.usda.gov.

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4
5	6	7	8 	9	10	11
12	13 	14	15	16 	17 	18
19	20 	21  	22	23 	24	25
26	27	28	29	30	31	

Upcoming Programs are marked with a Program Area Symbol. Please match these symbols with the list on the following page for more information about the program.



Upcoming Programs & Events

Programs will be held at the Baker County Extension Office (Agricultural Center) unless otherwise noted.

- Aug. 2** **Weed Management in Pastures, 9:00am—11:00am, Sonny Register Farm, 12846 Turner Cemetery Road, Sanderson, FL 32087.** This program is offered by the Northeast Florida Beef and Forage Group. Educational topics include Weed Identification, Managing Pasture for Livestock and Wildlife, Herbicide Calculations, Current Pricing and a Weed Control Program Demonstration. There is a registration fee of \$5 per person. Please contact your local County Extension Office for registration and/or additional details. You may also contact the Baker County Extension Service (904-259-3520) to register.



- Aug. 13** **Farm-to-Restaurant Workshop and Culinary Fair, Gainesville, FL.** For additional information, please contact Val Leitner at val@blueovenkitchens.org or visit http://smallfarms.ifas.ufl.edu/documents/2012_0813_CulinaryWorkShop.pdf



- Aug. 16** **Food Preservation Workshop: 9:30am—2:00pm @ Bradford County Extension Office, \$7 per person.** Deadline to register is Aug. 13th. This program will emphasize the proper techniques in canning foods safely.



- Aug. 17 & 20** **Rain Barrel Workshops: Friday, Aug. 17th @ 10am or Monday, Aug. 20th @ 6pm** Install a rain barrel that will save the rain for your plants and save you money! Learn how to build, install, and maintain a functional rain barrel for immediate use. We provide a barrel, two spigots, and mosquito screening plus the tools and assistance to help you build. Class lasts approximately 1/2 hour with the option to stay and build your rain barrel. \$40 (per barrel) is due by Wednesday, August 15th. Do-it-yourselfers may call 259-3520 to register and join the class for free!



- Aug. 21** **Growing Muscadine Grapes for Fun and Profit, Suwannee Valley Agricultural Extension Center, 8202 CR 417 Live Oak, FL 32060.** This workshop is for the small farmer wanting to start a business as well as families looking for an interesting hobby. The program will feature hands-on demonstrations, presentations on production systems, a variety taste test and an optional tour of a local vineyard and wine-making operation. For additional details, please contact Sarah White at sewhite@ufl.edu (386-362-1725, ext. 102) or visit http://smallfarms.ifas.ufl.edu/calendar/2012_0821_GrowingMuscadines.pdf



- Sept. 11** **Plant Propagation, 6:00pm to 7:00pm.** Learn different techniques for multiplying your favorite plants plus get some hands-on experience. Supplies will be provided for participants to root cuttings of plants that we provide or you bring. \$3 registration fee is due by Friday, September 7th. Plan to bring your own pruning shears and cuttings of your favorite plants to root or share.

4-H Events & Club Meetings for August:

August 23rd @6pm—Livestock Club in 4-H Classroom



Lucky Clover Chronicle

By: *Shaina Bennett,*
4-H Extension Agent



The Camp Issue!! We had an AMAZING summer! From shooting sports to cake baking, we did it ALL this summer in our day camps! Here is a glimpse of what we did!

Camp Cherry Lake



Left: Leaving for Camp Cherry Lake!
Upper Right: Going kayaking!
Right: Sleeping on the way home.



Left: Making S'mores!



Country Critters Day Camp



Left: Jainee making and eating her chocolate spider.



Above Middle: Sheridan, Bailee, Kaleb, and Gabe trying the butter they made. Above Right: Will with a Ball Python!

Colonial Campers Day Camp

Right: Savanna and Katynn with homemade pickles.

Above Right: Kyle, Landon, and Savanna making candles.



Right: Playing marbles.



Field Trip to Jax Zoo

Left: Kaleb, Gabe, and Chase; Right: Isabelle, Savanna, and Amanda hanging on the elephant statues. Below: A Tuxedo Coast Penguin on a ledge!



Events:

September 01– Start of new 4-H year!
September 10– 4-H Kickoff, Auditorium 6-8 pm

Birthdays for August:

Wishing all of you a very **happy birthday** from the Baker County Extension Office!
August 05– Emily Ossman
August 08– Jace Stokes
August 11– Kallen Huckeby
August 14– Alle Horne
August 24– Mackenzie Hires
August 24– Maranda Burnett
August 26– Boomer Davis
August 27– Robert Conner



Us! www.facebook.com/bakerco4h

To see more of our photos please visit our website or our Facebook page!

Did You Know: Summer camps in the US date back to the start of the 20th century. There are more than 12,000 camps in the US.



Crafty Creations Day Camp



Left: Tori, Isabelle, Karly, and Grayland making an edible arrangement. Below: Grayland, Jadyn, Emma, Cassidy, and Brandi mixing their cake ingredients!



Left: Tori with Mary Fraser of Sugar and Spice and Everything Chocolate, teaching campers how to decorate a cake!



Right: Alanna, Isabelle, Amanda, and Nathan flying the kites they made!

A special thank you to all who helped to make this an awesome Summer to remember!!!



Many Factors Affect Cattle Selling Price

Although the Southeast contains over 50% of the beef cattle operations in the U.S., the majority of those operations (82.6%) have fewer than 50 beef cows. There are many methods that can be used to add value to a cattle crop, but not all producers take advantage of these. Below are a few tips to increase the value of your cattle at sale:



1. **Timing is everything:** Typically, the highest prices are received in June and July with the lower prices in May, September and October.
2. **Take as many to the sale as you can:** Single calves usually bring lower than median pricing and groups that have over 6 calves have a higher than median price.
3. **Castrate:** While the producer cannot predetermine the sex of a calf, on average, bulls and heifers bring lower prices than steers.
4. **Average weight is where it's at:** Outward appearance has a large effect on sale price. Gaunt or shrunk calves tend to get a higher price per cwt., while fully conditioned calves garner a lower price per cwt.
5. **Buyers place value on what they see:** Polled cattle are the industry norm and there is usually a negative price influence if the cattle have horns. There are also negative price differentials for cattle that do not have a muscle score of 1 or if the frame score is not large or medium.
6. **Price for breeds vary:** Many cross breeds can be beneficial to the seller; however, this is greatly dependent on your market location.
7. **Health status is important:** The visual health status of the calf being sold is just as important as vaccination records. Any general perception by the buyer that the calf is unhealthy for any reason (stale, bad eyes, dead hair) typically results in a severe discount. On the other hand, those calves that were identified as receiving verified vaccinations usually garnered an increase in price.

Using some (or all) of these tips should help cattle producers receive the best price for their cattle at sale time.

Information in this article was adapted from EDIS Publication AN278, *Factors that Affect Calf Selling Price at Marketing*, by Hersom, M. and Thrift, T. ©2012. <http://edis.ifas.ufl.edu/an278>.

UF / IFAS Beef Management Calendar—August

- Apply lime for fall and winter crops.
- Harvest Bahia grass seed.
- Check mineral feeder.
- Check for army worms, spittlebugs and mole crickets.
 - Treat if necessary
- Check dust bugs
- Wean calves and cull cow herd.



- Watch for evidence of abortions.
- Observe all animals regularly for signs of disease.
 - Treat for cattle grubs (if observed in the past).
- Pregnancy test and cull open heifers from replacement herd.

<http://www.animal.ifas.ufl.edu/extension/beef/documents/BeefCal.pdf>

Baker County Extension Service

1025 West Macclenny Avenue
Macclenny, FL 32063

Phone: (904) 259-3520

FAX: (904) 259-9034

Email: michael.davis@ufl.edu

Website: <http://baker.ifas.ufl.edu>

Non-Profit Org.
US Postage
PAID
Permit No. 17
Macclenny FL 32063

ADDRESS SERVICE REQUESTED

Extension programs are open to all people regardless of race, color, age, sex, handicap, or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity, should contact the Baker County Cooperative Extension Service at 1025 West Macclenny Avenue, Macclenny, FL 32063 or telephone (904) 259-3520 no later than five (5) days prior to the event. Hearing impaired persons can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 (voice) or 1-800-955-8771 (TDD).

Horticulture at the Fair



The horticulture exhibit at the Baker County Fair gives amateur gardeners a chance to show off their potted plants. It doesn't cost anything to participate, and in fact, you can earn some cash for each plant you show. All types of plants are accepted and all qualified entries receive a ribbon and cash prize. It's easy to qualify, but now is the time to start preparing those plants to show.

To qualify: All plants must have been grown by you, and in your possession for at least three months prior to the fair, in addition to being free from disease and insects. **Other helpful tips:** Remember to rotate your plant regularly, which helps it to fill out and look symmetrical. Grooming your plants is usually necessary before the show. This involves removing or trimming leaves with holes & dead tips while also considering the overall appearance/symmetry of the plant. If the plant will look odd with the leaf removed, then trimming may not be the way to go.

You may enter up to 25 plants, but not more than one of the same cultivar or variety of plant. Plan to enter at least one plant in each of the seven categories:



Flowering/Fruiting	Bonsai	Patio Plants
Foliage Plants	Hanging Plants	Special Display
		Cacti & Succulents

Many people get intimidated about showing plants at the fair, but the entire process of showing at the fair is meant to be a fun, learning experience for all involved. We hope you'll join us this year by showing off your prized plants!



Premiums for Ribbons: Blue \$3 – Red \$2 – White \$1 – Award of Merit \$5 – Best of Show \$10



Plant entries will be accepted at the fairgrounds on Tuesday, Oct. 2nd from 12pm-7pm and Wednesday, Oct. 3rd from 9am—2pm. All exhibitors receive fair passes to visit the show and see what they've won. If possible, bring a list of your plants with you (common and scientific name if known). If you have questions, please call us at (904) 259-3520.